

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Center Corporation

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



Council on Aging Information Hotline
617-730-2777 617-730-2778
Senior Center Van
617-730-2770 617-730-2750

Brookline Council on Aging
www.brooklinema.gov
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org



The Town of Brookline Senior News & Events Brookline Council on Aging

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MAY 2020

IMPORTANT NOTICE REGARDING THE BROOKLINE SENIOR CENTER

In order to proactively slow and reduce the spread of COVID-19 in our community, the Senior Center continues to be **CLOSED TO THE PUBLIC** at this time.

The Brookline Senior Center will be monitoring its phone lines during the COVID-19 emergency. Older adults can leave their names and phone numbers on our voicemail at 617-730-2777 or 617-730-2770. Staff will be responding to questions and concerns Monday-Friday from 8:30 am-5:00 pm. Emergencies should be directed to 911.

For the most up to date information on the COVID-19 emergency, please visit the Town's website at:
<https://brooklinecovid19.com/>.

The Town of Brookline reminds residents that face coverings are required by those out in public, as of April 17, 2020, with the exception of children and infants under age of 2 (see page 24).

A reminder also that the Annual Town Election has been rescheduled for June 9, 2020 (see page 6).

The COVID-19 pandemic is especially hard hitting for older adults. Indeed, the virus is most lethal for those over 70 or for those with preexisting conditions, therefore, continuing to practice social distancing is essential. We mourn the loss of our Brookline residents who have passed during the pandemic.

This issue is chock-full of information, online resources, and Senior Center programs to keep you active and engaged. We are here for you and we hope to be together soon!

A NOTE ABOUT OUR MAY EDITION

At the time of this printing, the Senior Center remains closed to the public in an effort to slow and reduce the spread of COVID-19 in our community.

Since it is uncertain as to when we will be able to safely begin hosting any of our special or ongoing programs at the Center, we have been working to develop a list of online programming options with some of our regular group facilitators, as well as with some of your favorite performers and presenters. Please remember that these “virtual” programs are new to everyone so there will be glitches, but we hope that you will continue to give the online programming options a try.

We also hope that we can provide you with some necessary and helpful information during this unsettling and uncertain time and that we can also provide some suggestions on how you can have a little fun in the days ahead.

Even though we can’t physically be together at the moment, please know that we are thinking of you all and we are trying to figure out ways that we can be “alone together” going forward.

We hope that you and your loved ones stay healthy and well in the days ahead and we look forward to celebrating with you all when we are able to safely reopen the Senior Center.

The social work staff will continue to check our voicemail and email in the meantime, so please don’t hesitate to reach out if you need anything or if you would just like to say hello.

You can leave messages for us at 617-730-2777 or 617-730-2770. Be well!

IMPORTANT INFORMATION FROM THE TOWN OF BROOKLINE REGARDING COVID-19

For general COVID-19 questions, please call the State 2-1-1 line. For Brookline specific medical or public health inquiries, please contact the Department of Brookline Public Health at 617-730-2300. For non-medical questions specific to Brookline, please call the Brookline COVID-19 Information Call Center at 617-879-5636. These call centers, for the time being, will be operational Monday through Friday from 8:00 am—5:00 pm, these hours will be adjusted as needed. Messages can be left after hours and will be returned the next day. You can also email your non-medical inquiries to covid19info@brooklinema.gov.

For the most up to date information on the COVID-19 emergency, please visit the Town’s website at: <https://brooklinecovid19.com/>.

COMPUTER ONE ON ONE ASSISTANCE

Do you have smart phone or computer questions? Computer One on One assistance is available by phone for 30 minute appointments to assist with your computer and smart phone questions. This includes assistance with setting up Zoom or another interactive service like Team Viewer or What’s App on your phone or computer so you can participate in many online activities.

If you would like an appointment, please call 617-730-2777, press the # sign to skip our introduction, and leave your name, phone number and a message that you would like a Computer One on One appointment. Please be sure to also indicate the issue with which you need assistance. Our Computer One on One volunteer will then call you back.



FROM THE DIRECTOR

This is such a challenging and scary time for so many of our residents and our country. I hope you are staying safe, practicing social distancing and keeping up with local, state and CDC advisories. The Brookline Senior Center has been designated as an essential service. To reduce the risk of COVID-19 to our senior population, our physical doors are closed. Many of our programs and services, however, are available via phone and video. We are also continuing to provide transportation, homecare, and safety net programs.

We are committed to providing essential services and we encourage anyone who needs assistance to contact us during regular business hours at 617-730-2770. Here are some examples of additional services we've provided as a result of the pandemic:

- We arranged medical transportation for an elderly man to go to his dialysis appointments when his regular ride was no longer available.
- One of our homecare workers took on meal planning and grocery shopping for a woman with dementia who normally depends on our hot lunches.
- Our social workers and wonderful volunteers have been reaching out to our older adults by phone to provide human contact and check on their wellbeing.
- For adult children who reside out of town, our social workers are providing a lifeline of advice, resources, reassurance, and ongoing safety checks to their parents who live in Brookline.
- Our quilting group and other talented Senior Center sewers have been adding to our community's supply of much needed cloth facemasks.
- We continue to provide Emergency Relief Services which are in greater demand during this economic crisis.

Your past generosity has made it possible for us to provide these services. But as the COVID-19 pandemic grows, the demands continue to expand. There will also be long-term challenges that we will need to face. This is an ongoing issue and our goal is to continue to serve.

We need your help now! I'm reaching out to you, our wonderful sponsors, donors and community members, to ask for your support.

Many of our seniors are at high risk. Over 20% of Brookline's older adults are living in poverty and facing food insecurity. Nearly two out of three seniors have four or more chronic conditions, making them even more susceptible to COVID-19. And now so many have lost jobs – or lost access to community services that came to their homes. Can we count on your support? You can help your neighbors by making a donation today at www.brooklineseniorcenter.org or you can call our main number at 617-730-2770. You can also **mail your donation to: Brookline Senior Center, 93 Winchester Street Brookline, MA 02446.**

Thank you in advance for your generous gifts to help our most vulnerable residents get through this devastating crisis. And please, continue to practice social distancing and reach out (by phone) to each other.

Ruthann Dobek, LICSW, Director

P.S. As Mother's Day approaches, I think fondly of the special women in my life – such as my late grandmother, Bernice Dobek, who was my inspiration for becoming a geriatric social worker. In honor of Mother's Day, I am making a donation to the Brookline Senior Center in memory of my grandmother; in honor of my wonderful mother, Patricia Dobek, who is a generous benefactor of the Brookline Senior Center and in memory of my dear mother-in-law, Gladys Boghosian, who was a fan of the Brookline Senior Center. Is there someone in your life that you'd like to honor? This is a wonderful time to do so. Please make a donation in honor of or in memory of the special women in your life.

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

COVID-19 UPDATE

I suspect that most of us are getting pretty tired of hearing about the Coronavirus (aka COVID-19) that has completely changed our lives in the matter of a few weeks. We haven't seen anything like this since the Great Influenza of 1918. We continue to learn more daily about how to diagnose, treat and try to defeat this deadly bug that we know so little about. We still have more questions than answers. However, scientists and health care workers are working with remarkable speed to put this pandemic behind us and into the history books. I'll mention a few things that we think we know now and then a silver lining.

How do we catch the virus? Little drops of fluid that come from the sneeze or coughs or handshake of an infected person find their way into your nose. These drops can survive on some surfaces for a while. This is why the masks are so important as well as the hand washing and cleaning off of surfaces that may have been affected.

How sick does the virus make us? There is wide variation. Some people didn't even know they had it, and others die from it. As we learn more about how to treat people who are very sick, the death rate will most likely go down. Risk factors for being sicker are smoking, obesity, people with poor immune systems and chronic lung problems, and older age (generally over 80, which is in contrast to the 1918 epidemic, where the people in their 30s and 40s were at higher risk).

What are symptoms of COVID-19? Cough, fever and shortness of breath are the most common, although in the US, diarrhea and vomiting are also common. Some people have no symptoms at all.

How is COVID-19 diagnosed? A swab is put up your nose to catch mucus, which is then tested for a part of the virus itself. In addition, there is a blood test recently OK'd by the FDA to test for antibodies to the virus, but it is not yet widely used. Because there are not yet enough tests for everyone, they are reserved for people with symptoms or people in close contact with someone with the disease.

How is COVID-19 treated? So far, there is no cure. Medicines like chicken soup can help, until our bodies' own immune system fights it off. Very sick people are admitted to the hospital, where they can get IV fluids and oxygen, if needed. We hope in the future that there will be a vaccine to help prevent it.

NOW FOR THE SILVER LINING! Until this COVID-19 pandemic, Medicare and most other insurance companies would not pay for the doctor to do a phone or computer visit with you. However, because everyone is advised to stay at home, they will now pay for "Telemedicine" visits! It's not ideal-no one can listen to your heart or lungs over the phone. But for discussing your medical issues as well as your medicines, it can replace many of the in-person visits. It will save you hours that you don't have to sit in traffic, arrange transportation, etc. You can even have a 3rd person on the line (friend or child) if you choose. Both physicians and patients are finding it remarkably satisfying. Call your doctor's office to see if they are offering Telemedicine visits.

We'll have to see if Telemedicine continues after the Coronavirus is gone (and some day it will be gone!). The hope is that it will remain, at least for some of your visits where a physical exam is not required. I hope you all stay healthy!

BROOKLINE SENIOR CENTER "VIRTUAL" PROGRAMMING

PLEASE NOTE: THIS LISTING WILL BE UPDATED AS MORE INFORMATION BECOMES AVAILABLE. VISIT OUR WEBSITE (www.brooklineseniorcenter.org) FOR UPDATES.

CRAFTING/HOBBIES

Brookline Bees Sewing Group

Tuesday mornings at 10:30 am

The group is hosting weekly Zoom meetings to stay connected while the Senior Center is closed. For information on how to connect, please send an email to brooklinebeehive@gmail.com.

DISCUSSION GROUPS

Living Our Values

Wednesday mornings from 9-10 am

This discussion group is hosting weekly Zoom meetings while the Senior Center is closed. To obtain a copy of the discussion material and for information on how to connect, please send an email to editor@businessforum.com

Current Events

Friday morning from 10:30 am-12 pm

This discussion group is hosting weekly Zoom meetings while the Senior Center is closed. For information on how to connect, please send an email to mkt128@rcn.com.

DANCE

Online Dance Party with Lynn Modell

Thursday afternoons from 2-2:30pm

Lynn will play music from 40s, 50s, and 60s as well as some from film musicals and we'll dance together. You don't need much space in your home to participate. Just make sure there aren't any scatter rugs, uneven floor surfaces or objects on the floor that are trip hazards. For information on how to connect, please contact Lynn at lemodell@gmail.com.

WELLNESS

Online Mindfulness Practice

Mondays & Wednesdays from 10-10:30 am
(see page 22 for additional details)

EXERCISE

Qigong

Tuesday evenings from 6-6:30 pm

Laura Kandziolka, our former Qigong instructor who relocated to Pennsylvania, is offering FREE live Qigong classes on Facebook. You don't need a Facebook account to attend. Just go to <https://www.facebook.com/TaoAndZenHealing/> and click on the video menu to the left. You can find past recorded sessions here as well. These sessions also come highly recommended by our current instructor Dale Butler.

Combo Dance Fitness/Yoga Dance

Saturday mornings from 11-11:50 am

Emily Brenner, our wonderful Zumba Gold instructor is offering a FREE virtual Combo Dance Fitness/Yoga Dance class thanks to a grant from Blue Cross Blue Shield.

She is also offering some other donation based classes throughout the week:

Monday: 10 am Zumba®

Tuesday: 10 am Strength/Low-Impact fitness (chair suggested, light hand weights or cans/ water bottles as light weights optional)

Wednesday: 10 am Let Your Yoga Dance®

Thursday: 5 pm All levels Fitness (weights optional)

To join any of Emily's classes, please use the following link:

If you need to join by typing in the Meeting ID and the password, here it is:

<https://us04web.zoom.us/j/5563356908?pwd=SEc2M3NLL0c3QnFDRzVxd3VlWmtZdz09>

Meeting ID: 556 335 6908

Password: 1853

ANNUAL TOWN ELECTION

As a result of the COVID-19 emergency, the Annual Town Election has been postponed to June 9, 2020.

For safety reasons, residents are **strongly encouraged** to take part in early voting by mail, which is allowed for this election for anyone that wishes to vote without visiting the polls. Early voting by mail is the most convenient way to cast your vote by mail for this election.

The last day to register to vote is May 29, 2020 by 8 pm.

To register to vote, or to obtain an early voting by mail application, please call 617-730-2010 or visit:

<https://brooklinema.gov/townclerk>

There are three ways to return your completed and signed early voting or absentee ballot application to the Town Clerk's Office:

Email: townclerk@brooklinema.gov

Fax it to: 617-730-2043

Mail it to: Office of the Town Clerk
PO Box 470860
Brookline, MA 02445

BROOKLINECAN ONLINE ELECTION FORUM

The Brookline Senior Center and BrooklineCAN will hold an election forum for Select Board candidates on **Thursday, May 21 at 2:00 PM**. The forum will be conducted online through Zoom. The annual Town Election, which has been re-scheduled for June 9th, features the three candidates (Heather Hamilton, Eric Hyett, and John VanScoyoc) running for two positions on the Select Board. The forum will be concerned with all Town issues and will pay some special attention to concerns of older residents. Michael Allen of the Council on Aging staff will serve as moderator. To submit a question for the candidates, please contact Michael in advance at mallen@brooklinema.gov or 617-730-2754.

The Brookline Interactive Group (BIG) will stream the event live. You can watch live here (<http://brooklineinteractive.org/live/>), as well as on local access cable. BIG will also make a recording of the forum available afterwards, which you will be able to find on their website as well as on the BrooklineCAN website.

The COVID-19 crisis has reminded us of the importance of town government. The Select Board plays a vital role. We urge you to learn about the candidates and vote early, preferably by mail.



INCOME TAX UPDATE

FEDERAL INCOME TAX

The date for filing your **FEDERAL income tax** return is now **July 15, 2020**.

For additional questions or information, please call 800-829-1040 or visit: <https://www.irs.gov/>

STATE INCOME TAX

The date for filing your **STATE income tax** return is now **July 15, 2020**.

For additional questions or information, please call the Massachusetts Department of Revenue at 800-392-6089 or visit: <https://www.mass.gov/orgs/massachusetts-department-of-revenue>

BROOKLINE ADULT & COMMUNITY EDUCATION VIRTUAL PROGRAM OFFERINGS

Brookline Adult & Community Education will be offering a virtual Spring term beginning in early May that will include many of your favorite class offerings. To see which classes are being offered, please check out their website (<https://brooklineadulted.org/>) for more information and to register for classes. You can also sign up to be added to their mailing list and to receive a copy of their program catalog for future terms.

UNEMPLOYMENT INSURANCE ROUNDUP

Who is eligible, how do I apply, and what changes have been made to accommodate the COVID-19 crisis?

The COVID-19 crisis has already led to over 20 million unemployment claims. Anyone who has lost their job (permanently or temporarily) due to no fault of their own is eligible to receive unemployment.

Some temporary changes to the system that have been made in response to COVID-19 include: \$600 extra per weekly payment for every recipient, an extended eligibility period (extended 13 weeks to 39 weeks total), and special pandemic unemployment assistance for those who are not typically eligible but who cannot work due to COVID-19 (gig workers, self-employed workers, those who quit their job due to COVID-19, etc.). If you would like to apply for unemployment, here are the key links:

1. The best place to learn about unemployment is on the main Massachusetts government website at <https://www.mass.gov/orgs/departments-of-unemployment-assistance>
2. Currently, due to the massive volume of applicants, unemployment applications are only being accepted online. You can apply for typical unemployment insurance in English or other languages by selecting one of the options on this page: <https://www.mass.gov/how-to/apply-for-unemployment-benefits>
3. Those who would not typically be eligible, but still cannot work as a result of the impact of COVID-19 can apply for pandemic unemployment assistance here: <https://ui-cares-act.mass.gov/PUA/>

While the Department of Unemployment Assistance is not accepting phone calls at this time due to the volume of contact they have received, you can request that they contact you directly if you have trouble applying by filling out this form: <https://www.mass.gov/forms/covid-19-department-of-unemployment-assistance-contact-request>

You can also call the Brookline Senior Center at 617-730-2777, speak with your HR Department, or contact your State Representative or Senator for help with the process.

PROPERTY TAX PAYMENT UPDATE

The Select Board adopted multiple provisions laid out in the recently enacted state emergency legislation, including the following provisions related to property tax payments:

The deadline for property tax bills that were originally due May 1, 2020 has been extended until June 1, 2020.

The deadline for applications for tax exemptions, residential exemptions and small commercial exemptions is now June 1, 2020. The original deadline was April 1, 2020.

Interest and penalties for late payment of tax bills with a due date on or after March 10 will be WAIVED if payment is made by June 30. This includes payments that are due on June 1, 2020.

FOOD RESOURCES

PLEASE NOTE THAT THE INFORMATION PROVIDED ON THIS PAGE WAS CURRENT AT THE TIME OF PRINTING. BECAUSE THIS IS AN EVOLVING SITUATION, INFORMATION MAY CHANGE QUICKLY. PLEASE CALL THE NUMBERS PROVIDED FOR UPDATES.



BROOKLINE FOOD PANTRY

15 St. Paul Street, St. Paul Church

Wednesday: 3 PM - 6 PM

Thursday: 11 AM - 2 PM

55A Egmont Street, Community Room

Thursday: 3 PM - 7 PM

Saturday: 10 AM - 1 PM

226 High Street, Community Room

Tuesday: 3 PM - 7 PM

Phone: (617) 800-5339

PLEASE NOTE: The Brookline Food Pantry will remain open but will be implementing the following emergency procedures:

Clients will no longer be allowed to enter the pantry for shopping or to drop off donations.

Clients may wait at the pantry doors during open pantry hours to receive pre-packaged bags of perishable and non-perishable food items. Clients do not need to present ID cards in order to receive free food and do not need to call ahead. Documentation is not required to receive food.

If you are unable to safely go to the Food Pantry to pick up your food, please contact Kate Jovin at 617-730-2751 or kjovin@brooklinema.gov about the possibility of home delivery.

SPECIAL SHOPPING HOURS FOR SENIORS



Please note: National chains may not list senior hours for every day, but Governor Baker has asked all grocery stores and drug stores to offer them daily. Call your local store for details.

MARKET BASKET

6:00-7:00 AM daily. Phone: 978-851-8000

ROCHE BROS.

7:00- 8:00 AM daily. Phone: 781-235-9400

SHAW'S & STAR MARKET

6:00-7:00 AM daily, plus Tuesdays and Thursdays from 6:00-9:00 AM. Phone: 781-963-6995 (Shaw's); 508-313-4000 (Star Market)

STOP & SHOP

6:00-7:30 AM daily. Phone: 1-800-767-7772

TRADER JOE'S:

8:00-9:00 AM daily. Phone: 617-278-9997

TARGET

8:00-9:00 AM daily.
Phone: 857-317-5220

WALMART

6:00-7:00 AM on Tuesdays.
Phone: 1-800-925-6278

WEGMANS

7:00-8:00 AM daily

WHOLE FOODS

8:00- 9:00 AM daily (may vary by location).
Phone: 1-844-936-8255



MUTUAL AID BROOKLINE Network

If you are an individual who needs food, medication, or other necessities delivered to you, please reach out directly to Mutual Aid at (617)-651-1468 or MutualAidBrookline@gmail.com

SPECIAL PHARMACY SHOPPING HOURS FOR SENIORS

CVS

9:00-10:00 AM daily.

Walgreens

8:00– 9:00 AM, Tuesdays.



Other pharmacies may have senior hours as well so please check with your specific pharmacy to inquire.

ECONOMIC “STIMULUS” PAYMENT

Congress approved an economic stimulus payment of \$1,200 per adult and \$500 per child for: individuals who made \$75,000 or less in 2018, heads of households who made \$112,500 or less and married couples who made under \$150,000 or less in 2018.

The U.S. Department of the Treasury and the Internal Revenue Service have announced that Social Security recipients who are not typically required to file a tax return DO NOT need to take any action.

Recipients will receive these payments as a direct deposit or by paper check, just as they would normally receive their Social Security benefits.

If you did not file a tax return for 2018 or 2019 AND you DON'T receive Social Security retirement, disability (SSDI), survivor benefits, supplemental security income (SSI), or Railroad Retirement benefits, you can enter your personal and direct deposit information here: <https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>.

NO COMPUTER? NO PROBLEM!

These phone-based communities offer a variety of opportunities for social engagement, lifelong learning, peer interaction and support groups for older adults who wish to get engaged from the comfort of their own home. Most of these programs require registration, but that can be done by telephone as well.

DOROT University Without Walls

(877) 819-9147

<https://www.dorotusa.org/our-programs/at-home/university-without-walls>

Covia Well-Connected

(877) 797-7299

<https://covia.org/services/well-connected/>

Mather Lifeways, Telephone Topics

(888) 600-2560

<https://Matherlifeways.com>

Thanks to our community partners at Jewish Family and Children's Services for sharing this information on phone-based community offerings.

MAY FUN FACTS

- May is named after Maia, the Greek Goddess of fertility.
- The two zodiac signs for May are Taurus and Gemini.
- The birthstone for May is Emerald.
- The Empire State Building, once the tallest building in the world, opened on May 1, 1931. It held the honor of being the tallest building in the U.S. until the World Trade Center was completed in 1973. At 1,250 feet with 103 floors, it is currently the fifth tallest building in the United States.
- Two U.S. presidents were born in May: Harry S. Truman and John F. Kennedy.

From nationaldaycalendar.com/may-overview/

STAYING FIT

We understand that staying active during these days of social distancing and limited space at home can be challenging, but it has never been more important. As we work to develop some “virtual” ways that we can exercise “together”, here are some ideas to get you up and moving in the interim. Please check our website (www.brooklineseniorcenter.org/) in the coming weeks for updates on virtual exercise offerings.

As always, be sure to check with your physician before engaging in any exercise program to ensure that it is right for you.

FITNESS VIDEOS FROM HEBREW SENIORLIFE

Our community partners at Hebrew SeniorLife have shared some of their online exercise videos with us to help keep you active and fit.

Offerings include Yoga Fit, Keeping it Loose, Flex and Stretch, Fit and Flexible, Chair Zumba Gold, Get Fit While you Sit, and Morning Bootcamp.

You can access all of these fitness videos by visiting: <https://www.youtube.com/channel/UC7UXoLrkqksNR1bs3EEShug>

DISCLAIMER: You should consult your physician or other health care practitioner before starting this or any other exercise. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced discomfort in your chest while exercising or have experienced chest pain in the past month when not engaged in physical activity. Do not begin this exercise program without consulting your doctor if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

EXERCISES FOR HEALTH AND REJUVENATION

If you are missing the Tuesday afternoon “Exercises for Health and Rejuvenation” with Mei Chu, we have good news! The video that Mei uses to lead the exercise class is available online here: <https://youtu.be/vjXy8peF4qU>

OTHER ONLINE EXERCISE OPTIONS

The YMCA is now offering a variety of FREE online groups and classes for people of all ages. Offerings include yoga, tai chi and classes specifically geared towards older adults. You do not need to be a member to access these videos: <https://ymca360.org/>



The National Institute on Aging (NIA) also has lots of information regarding exercise so browse around their website for more information: <https://www.nia.nih.gov/health/exercise-physical-activity>

COMING IN JUNE!

Free Health and Wellness Webinars from Blue Cross Blue Shield of Massachusetts on topics related to nutrition, your immune system, better sleep and more.

Beth Israel Lahey Health

Beth Israel Deaconess Medical Center

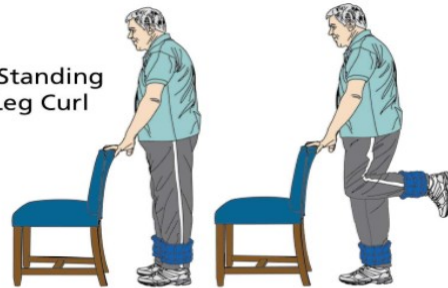
Stay Strong, Stay Healthy



1. Wide Leg Squat



2. Standing Leg Curl



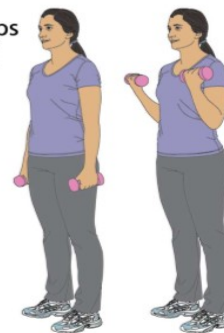
3. Leg Extension



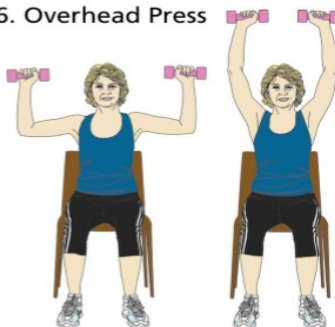
4. Glute Extension



5. Biceps Curl



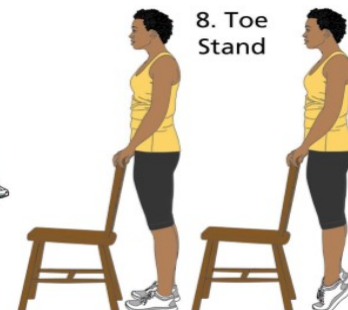
6. Overhead Press



7. Seated Row



8. Toe Stand



Illustrations by J. Bintzer, University of Missouri Extension
New 07/08; Revised 8/17



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AN IMPORTANT NOTE ABOUT OUR SENIOR SERVICES

To slow and reduce the spread of COVID-19 in our community, the Senior Center is **CLOSED TO THE PUBLIC** at this time. Please **CAREFULLY REVIEW THE INFORMATION BELOW** to see which services are available while the Center is closed. If you have any questions, please call 617-730-2777. Stay well, friends!

BETS (Brookline Elder Taxi System)

During the COVID-19 emergency, please contact Maria Foster at 617-730-2644 or email her at maria@trippsmass.org. with any transportation needs or questions.

Brookline TRIPPS Looking for alternative transportation options to driving or have a specific question about the MBTA/The Ride, Uber/Lyft or medical transportation? Contact Maria Foster at 617-730-2644 or email her at maria@trippsmass.org.

BLAB Please note that the Brookline Legal Assistance Bureau Program is not operating while the Senior Center is closed. When the Center reopens, our wonderful volunteer attorneys will once again be available at a designated time to consult on legal matters.

SHINE While the Senior Center is closed during the COVID-19 emergency, SHINE counselors Sonia Wong, Steve Maas and Sybil Levisohn are offering telephone appointments to help individuals explore their health insurance options. To schedule a telephone appointment with a SHINE counselor, please call 617-730-2777 and leave your name and telephone number and we will call you back to schedule a time.

REAP The Retirement Engagement Alternatives Program has replaced the old JOBS program. This program is based on working together to help YOU occupy your retirement! Contact Deidre Waxman at 617-730-2767 or email: dwaxman@brooklinema.gov

While The Senior Center is closed, the REAP program will be open for business. Please call or email us with questions.

HELP HELP finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

PLEASE NOTE: The HELP program is still operational for current clients, but will not be taking new clients or home care workers until the Senior Center reopens. However, if you are in need of grocery shopping or errands, this service is still available for new clients. Please call the HELP line at 617-730-2752 to leave your information for either grocery shopping/errands or for the waiting list for other services.

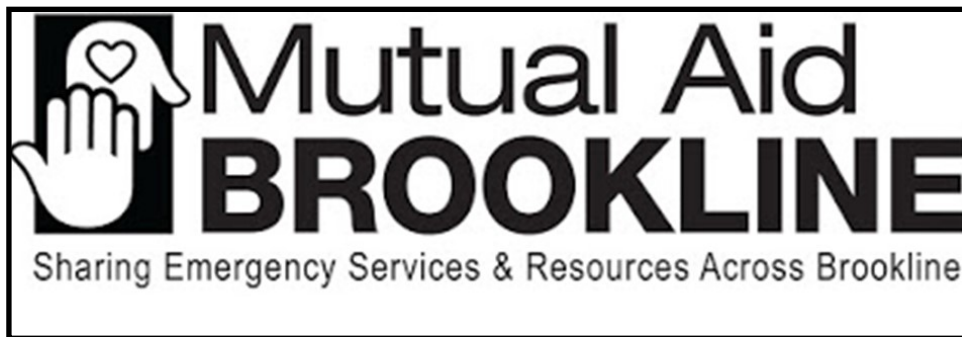
CARE The Brookline Council on Aging provides Brookline families free respite/companionship through our CARE Program. CARE operates under the auspices of the existing HELP Program. CARE aids Brookline caregivers who need a break from caring for an older adult family member. Respite/Companionship does not include personal care, such as dressing and bathing or medication administration. This service allows caregivers to have time for themselves, while leaving family members in the care of trained home care workers. Thanks to State Senator Cynthia Stone Creem and the Executive Office of Elder Affairs for their grant that supports this program. For more information or to participate, please call HELP Program Staff at 617-730-2752.

PLEASE NOTE: The CARE program is still operational for current clients, but will not be taking new clients until the Senior Center reopens. Please still call the HELP line to leave your information for the waiting list.

WAS *THAT* REALLY 80 YEARS AGO?

- Walt Disney begins working as an informer for the Los Angeles FBI.
- Winston Churchill was voted the Time Magazine's "Man of the Year."
- "Rebecca," directed by Alfred Hitchcock, won the Best Film Oscar.
- The first "Green Lantern" comic book hit the stands in July.
- 80% of Americans owned a radio.
- "I Love Lucy" actress Lucille Ball marries actor Desi Arnaz in November in Greenwich.
- The World Series Champions were the Cincinnati Reds.
- The NFL Champions were the Chicago Bears.
- Basketball players were not affected by the draft because their height made them ineligible to serve.
- NY Rangers won the Stanley Cup.
- Jackie Robinson won the 1940 NCAA Men's Track and Field Championships in the Long Jump.
- The first Social Security benefit checks were paid out.
- Frank Mars and Bruce Murrie created M&M's.

For more interesting facts, visit: <https://75th.business.uconn.edu/75-years-ago/>



PRESENTS

VIRTUAL COMPANIONSHIP

Connecting the community
through conversation



Mutualaidbrookline.companions@gmail.com

GENEALOGY 101 SERIES: UNCOVERING YOUR GENEALOGICAL HISTORY

Are you interested in researching your ancestry or your family history? Learn how others have researched their genealogy in two webinars on **Monday, May 18 and Tuesday, May 19 from 2-3:30 pm**. Discover how others have built their genealogical trees, so you can too. This is a perfect time to start. We hope that you will join us online for these presentations with a team of five avid genealogists. For more information on the panelists and to register, please visit: <https://www.eventbrite.com/e/103701499978>

ANCESTRY ACCESS THROUGH THE BROOKLINE LIBRARY

The Public Library of Brookline is providing free at home access to Ancestry for **Brookline residents**. All you need is your library card number. To access this and many other wonderful online library resources, visit: <https://www.brooklinelibrary.org/elibrary/online-resources/>

UKULELE VIRTUAL MEET UP

Judy Chasin, our Ukulele group leader, is recommending that folks visit the Ukulele Union of Boston Meetup page at <https://www.meetup.com/BostonUke/> to find a free virtual group that is suitable to your level. You might even "see" Judy there!

MEMORY CONNECTIONS CAFÉ



The Cafe is on hold until the Senior Center reopens. However, there are many virtual resources available that people with memory loss and their caregivers can access from home, which we hope will keep everyone as engaged as possible. This includes a variety of virtual Memory Cafes. Please contact the Cafe Coordinator to access these resources at 617-730-2753 or jjensen@brooklinema.gov.

VIRTUAL KNITTING/ CRAFTING CIRCLE

Hadassah Margolis, creator of the Welcome Blanket Brookline Project, invites you to join her for a Virtual Knitting/Crafting Circle (date/time TBD). Hadassah is currently working on fabric masks, but she encourages you to "bring" your blanket-making or mask-making or any other craft that you are working on. Or, feel free to join to say hello and connect. For more information on the upcoming May dates and how to connect to the Zoom meeting, please email Hadassah at media@welcomeblanket.org

BROOKLINE SAFETY NET

A program of the Brookline Community Foundation in partnership with The Brookline Center, the Brookline Safety Net helps residents of Brookline and neighboring communities meet basic needs like food, housing, utilities, and transportation. Please call us at (617) 277-8107 to explore whether the Center can provide the care that meets your needs.

And if you are not in need of the Safety Net Program at this time and you are able to do so, please consider making a donation. Your support could make all the difference to a neighbor in need. For more information, visit: <https://www.brooklinecenter.org/our-impact/safety-net-community/>

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UNEMPLOYMENT/REEMPLOYMENT IN THE TIME OF COVID-19



As we well know by now, the Coronavirus (COVID-19) has left many thousands in the Commonwealth precipitously and unexpectedly unemployed. Residents over the age of 60 are no exception. In fact, it is likely that seniors will be the first group to be laid off in turbulent times such as these. The MA Department of Unemployment Assistance is currently overrun with requests and not taking calls at this time. For additional information on how to apply for unemployment if you have been laid off, please see the article on page 7 that offers suggestions and recommendations.

If you have been laid off at this time, there still remain a few job opportunities for those needing to return to work sooner rather than later.

The State of Massachusetts is hiring 1,000 people to act as Contact Tracers in order to better keep track of where in the state the virus is most active. You will can find more information on that opportunity here: <https://jobs.crelate.com/portal/talentboost/job/3kyqki4zeqoyugdzsha5iynhce>

All supermarket chains are hiring! If you feel comfortable working in this environment at this time, you can apply online to local supermarket chains.

The "Gig Economy" is still up and running. Uber and Lyft and a variety of delivery services still need drivers. You can apply for jobs with these companies directly via their online apps.

The State of Massachusetts is also coordinating employment opportunities for healthcare workers to seek temporary employment in inpatient and long term care facilities. Retired or semi-retired healthcare workers may wish to apply for these paid positions as well. For more information, please visit: <https://www.mass.gov/info-details/apply-for-jobs-at-covid-19-temporary-care-sites>.

The REAP program will now be taking names of those who have been laid off and are in need of work. Please send your name and contact information to: dwaxman@brooklinema.gov or leave me a message at: 617-730-2767. If there is sufficient interest, we plan to hold a Zoom REAP workshop on employment information in this challenging time of COVID-19 layoffs.

Rest assured that we are committed to assessing and re-figuring other REAP employment related programs. The SCSEP program continues under the sponsorship of Operation ABLE, the National Asian Pacific Center and the Federal Government. We also expect to receive updated information about the Town of Brookline Tax Work-off program and we will share that with you as soon as we receive it.

Thank you for your patience!! REMINDER: If you do need work at this time, please leave me a message with your name, circumstances and contact information so that I can keep you updated. Please stay tuned to both the Senior Center website (<https://www.brooklineseniorcenter.org/>) and my email messages for updates. I will be sending out emails to those who are on my REAP list and to those newly unemployed individuals who have let me know that they wish to be contacted. I will be updating you periodically about any and all new job opportunities.

ELF PROGRAM UPDATE

Please note that this program is on hold and will not be loaning or accepting any medical equipment until the Senior Center reopens. To access similar outside resources, please leave a message at 617-730-2753 or jjensen@brooklinema.gov.

FUEL ASSISTANCE UPDATE

The deadline for applying for Fuel Assistance has been extended to **Friday, May 29, 2020**. ABCD in Boston is taking phone applications at 617-348-6599.

This phone line is for: NEW applicants who want to apply for fuel assistance; eligible households who need home heating oil, propane, or kerosene; or eligible homeowners whose heating system is not working. Please note that gas and electric utilities will not shut off or terminate any household's service during the MA State of Emergency.

If you are a current fuel assistance applicant and need information on the status of your application, please call 617-348-6411. For more information, please visit the ABCD website at: <https://bostonabcd.org/service/fuel-assistance/>

SUPPORT FOR ALZHEIMER'S CAREGIVERS

Given that the Senior Center is **currently closed to the public** in an effort to slow and reduce the spread of COVID-19 in our community, our Alzheimer's Caregiver Support Groups will not be meeting in person at this time. However, our wonderful facilitator Ted Sturman has offered to be available by telephone to support caregivers who are coping with the stress and demands of caring for a loved one who is struggling with Alzheimer's or another form of dementia. If you need support, please call Ted Sturman at 617-803-6105.



HOPE WALKS IN

Hope walks in wearing bright blue glasses and a green felt hat topped with falcon feathers.

Slight but sturdy, she walks through the room wearing worn leather shoes subtly adorned with brass buttons imprinted with oak trees - roots in perfect balance with branches.

Her long skirt rustles softly as she moves with quiet purpose.

The dark green of her jacket, brightened by carefully stitched red poppies, surrounds her like a private garden.

Her eyes draw immediate notice. Rather than correcting vision, the glasses seem to shield us from her penetrating gaze.

Her dark pupils radiate life, challenge us to reach for greater heights.

Her melodic voice does the same.

She is not easily deterred, dismissed, diminished.

Hope offers an inviting smile, rolls up her sleeves, gets to work.

Anna Higgins
Spring, 2020



MEMORIAL DAY

Please note that the **Senior Center offices**

will be closed on Monday, May 25, 2020 in observance of Memorial Day.

This means that the social work staff will not be checking or responding to messages that day. Please feel free to leave us a message and we will return your call on Tuesday, May 26.

FROM THE BOARD PRESIDENT

I am concerned about our community during this scary and stressful time of COVID-19 crisis. I'm hoping that all are following the directives to shelter-in-place, and keeping connected to friends, family and community by phone, internet, or other creative means. The Senior Center staff remains available to assist older adult and their families. The community has also responded with a number of innovative volunteer programs to help get us through these difficult unprecedented times. I was recently invited to be a guest on State Representative Tommy Vitolo's Weekly Update Show on BIG to discuss these important issues and you can find that program here:

<https://brooklineinteractive.org/tommy-vitolos-weekly-update-guest-betsy-pollock/>

Let's hope that May brings beautiful spring weather. In May we have some of the most comfortable and beautiful days and nights, and we honor the women in our lives. May is a great month to honor our mothers, grandmothers, and the other women (and men) who made a difference in our lives. Consider making a gift to the Senior Center in their honor or memory.

If you would like to create a tribute gift contact Ruthann Dobek at rdobek@brooklinema.gov or 617-730-2756. Families such as Marie Lavine's daughters and Corinne Long's family and Vivian Freeman's family have already ensured that their mothers are honored on an annual basis with their donation.

Betsy Pollock, Board President

2020 US CENSUS IMPORTANT INFORMATION

You may be wondering why you received Census paperwork in the mail recently, especially if you have already completed your town census.

Well, the US Census, conducted every 10 years, is now underway and your response is not only required, but it is important.

The data collected helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services. It also helps to determine the number of seats each state has in the U.S. House of Representatives and your political representation at all levels of government.

To complete your questionnaire online, please visit <https://2020census.gov/> and enter the Census ID # provided on the form that you received. It should take you about 10 minutes to complete your entry. If you require additional assistance with completing your questionnaire, please call 1-844-330-2020.

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM



The Massachusetts Association for the Blind and Visually Impaired (MABVI) will offer Access Technology training over the phone while we are practicing social distancing. We provide specialized technology training for anyone with blindness or low vision to help you keep in touch with friends and family, monitor health or fitness, read, and more. With many community programs moving to virtual meetings, we can teach you to use these technologies to stay connected to your community.

The VIBRANT Access Technology program is offered in partnership with the Centers on Aging and the Brookline Senior Center. If we can be of assistance, please call Rachel Castle at 617-608-4150, Jerry Feliz at 857-443-6636, or email ATCenter@mabcommunity.org. We look forward to working with you soon.

TRIPPS TRANSPORTATION UPDATES

LYFT TRANSPORTATION FOR CAREGIVERS

The Brookline Senior Center has received a donation of Lyft coupons from the National Council on Aging to assist caregivers in running errands and grocery shopping for older residents and other vulnerable populations in our community. To apply for coupons, please fill out this brief application:

<https://www.ncoa.org/free-rides-for-caregivers/>

You will receive coupons within 48 hours. Currently these coupons are for those with the Lyft app (via smartphone) only, and supplies are limited.

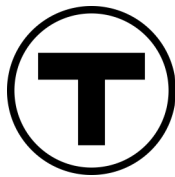
If you have additional questions, please contact Maria Foster at (617)651-2652 or mfoster@brooklinema.gov.

BROOKLINE TRANSPORTATION PROGRAM WITH LYFT

While we encourage everyone who can to stay at home as much as possible, we realize some will need to get to important medical appointments or to the grocery store and Lyft could be a good option for those who wish to avoid the T. **We are able to process applications via phone and email.**

This program offers 4 subsidized rides per month on Lyft to older adults in Brookline. This program is currently limited to income eligible seniors (60) and over (individual \$62,450 maximum; couple \$71,400 maximum). The Brookline Program will offer four discounted rides per month of up to \$10 per ride. The passenger will pay the first \$2; the coupon will pay up to the next \$10. The coupon will automatically download each month into the Lyft app on your smartphone. This option will be available 24/7 without any restrictions on miles or pick up location. **For more information, contact Maria Foster, Community Outreach Specialist for at (617)730-2644 or mfoster@brooklinema.gov.**

MBTA SERVICE UPDATES



The MBTA continues to operate on a reduced schedule. All service changes and information can be found at:

<https://www.mbtta.com/covid19>

All [service levels](#) have been adjusted to prioritize essential travel for healthcare and emergency workers.

All shared trips on [The RIDE](#) have been eliminated. RIDE customers should book trips 1-3 days in advance.

The [CharlieCard Store](#) is closed until further notice.

Customers should board at the rear doors of buses and street-level trolley stops. Seniors or people with disabilities can still board at the front door if needed.

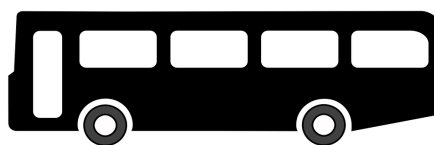
Stations and vehicles are being [cleaned and sanitized](#) with increased frequency.

ADDITIONAL INFORMATION FOR RIDE CUSTOMERS:

If you are a **new** RIDE customer, you may be granted temporary eligibility if you meet the medical necessity criteria provided to your licensed healthcare provider by TREC (617-337-2727).

If you are a **current** RIDE customer who will require recertification soon, your eligibility will be automatically extended.

Whether you are a **newly approved** RIDE customer (granted medical necessity), or an **existing RIDE customer** whose eligibility has been extended, you will eventually need to participate in an in-person interview. You will be contacted at the appropriate time.



GREEN LINE "C" BRANCH SERVICE DISRUPTION (JULY 2020)

From Sunday, July 5 through Saturday, August 1, 2020 there will be a full weekday and weekend closure of the Green Line C Branch from Cleveland Circle to Kenmore.

There will be free shuttle buses running along Beacon Street. For more information about this project, please go to: <https://www.mbta.com/diversions/green-line-c>

INFORMATION FROM THE RMV

For updates from the RMV visit: <https://www.mass.gov/info-details/rmv-covid-19-information>.

Most importantly, All Class D and Class DM driver's licenses, ID cards, and Learner's Permits that have expired or are expiring between March 1, 2020 and May 31, 2020, will have an extension applied to the current expiration date.

All Class D and Class DM driver's licenses, ID cards, and Learner's Permits that have expired or are expiring between March 1, 2020 and April 30, 2020, will have a 60-day extension applied to the current expiration date.

This deadline extension will not apply to customers with Commercial Driver's Licenses (CDLs) or those whose end of stay in the United States is the same as the expiration date on their driver's license, ID card, or Learner's Permit. The RMV is not providing updated credentials to reflect the extended date.

AFFORDABLE INTERNET SERVICE THROUGH COMCAST

Given that we now understand how important internet service is to us all staying "connected" during these days of social distancing, we thought this might be a useful resource.

Comcast is offering affordable internet (\$9.95/mo., plus tax) for eligible households through their "Internet Essentials" program:

If you are eligible for one of the following programs, you are eligible for Internet Essentials. Qualifying programs include: National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI (Supplemental Security Income, **not** Social Security), LIHEAP (fuel assistance), VA pension.

If you are a new, eligible customer and you apply by June 30, 2020, you get 2 months of free internet service.

You will have to provide documentation to prove that you are eligible through one of the qualifying programs listed above.

Once approved, you get a kit with a modem and WiFi router and a set of step by step instructions within 5-7 days.

Once you are a customer, you have the option of purchasing a refurbished laptop or desktop computer for \$149.99, plus tax.

For more information or to apply, please visit: <https://www.internetessentials.com/>. You can also call 1-855-846-8376 to begin the application process.

Please note that you must live in an area/building where Comcast services are available.

Happy
Mother's
Day!

MAY OBSERVANCES

Cinco de Mayo –Tuesday, May 5
Lost Sock Day! - Saturday, May 9
Mother's Day –Sunday, May 10
Memorial Day –Monday, May 25



MAY VOLUNTEER OPPORTUNITIES

VOLUNTEER



In order to prevent the spread of COVID-19 and comply with the mandates of the Federal, State and local government agencies, the Brookline Senior Center (BSC) is CLOSED. However, I and other Brookline Senior Center staff are working from home. You may contact me by phone at 617-730-2743 or by e-mail at pburns@brooklinema.gov. I check my e-mail and voicemail several times each workday and will reply as soon as possible.

For non-volunteer issues please call the main Brookline Senior Center numbers: 617-730-2770 or 617-730-2777 and leave a message.

As of April 29, our volunteer priority needs are:

SENIOR CENTER

One-on-one telephone ZOOM, Skype or Facetime coaching. Join our computer team to coach a senior in one or more of these communication platforms. When you e-mail me (pburns@brooklinema.gov), please indicate whether you can help with an iPhone or Android, PC, MAC or laptop so we can pair you with a senior with compatible equipment.

We are also glad to hear from other 'non-techies' who are committed to community assistance. We will keep your name and contact information on file and will call upon you as needed.

TOWN OF BROOKLINE

Email COVIDVolunteer@BrooklineMA.gov to be contacted for various volunteer jobs. The online form to sign up to volunteer is: <https://www.brooklinema.gov/covidvolunteer>

SPRINGWELL HOME DELIVERY MEALS ON WHEELS' DRIVERS

At this time, Springwell is seeking volunteers who are willing to provide home delivery of meals.* Springwell is an essential part of the social safety net for thousands of older adults each year, and we are continuing to provide the services that are helping them stay safe and in their homes during this challenging time.

Springwell especially needs volunteers who can work in the towns of Belmont, Brookline, Newton, Watertown, and Waltham.

If you:

- are interested in receiving training and support to help us reach vulnerable seniors with critical in-home meals;

- have a reliable car, a current driver's license, and a clean driving record;

- are available between 10:00 am -1:00 pm;

- are able to provide these services, consistent with guidance we receive from the CDC, WHO and other governmental agencies, recognizing you may come into contact with high-risk members of our community and others; and are successfully able to meet the regulatory pre-requisites for the position, please contact us!

Email volunteer@springwell.com to start the process; or go online and apply to volunteer at www.springwell.com/volunteer

VIRTUAL COMPANIONSHIP PROJECT

Mutual Aid Brookline is launching a virtual companionship project which will pair high school students with Brookline seniors experiencing isolation and loneliness during this difficult time. After a brief survey, seniors will be paired with students according to mutual interests and experiences. Volunteers will then have conversations with seniors over the phone or using video chats whichever is most comfortable for the senior. For more information, please call 617-651-1468.

Mindfulness Corner: The following story, discussion, activity, and meditation are adapted from William Martin's book *The Tao of Forgiveness*, which features parables and accompanying discussions, activities, and meditations. Like parables from any tradition, these stories provide opportunities to reflect on some of the core emotional dilemmas of human life by building our capacity to mindfully reflect on the way we think about and interact with the world, both at deep levels and in terms of our moment-to-moment thoughts and behaviors.

The Birds

Conditioned voices fade away.

Stanley was cursed by a large flock of raucous, chattering birds. For some reason this flock of birds had attached themselves to Stanley and followed him wherever he traveled. At night, they sat on the eaves of his house and squawked and twittered from dusk until dawn. When he walked out of the house in the morning they flew a short distance into the air and remained circling above his head throughout the day. He tried throwing rocks, yelling, waving his arms wildly - nothing worked. The birds remained as if they were attached by string to his head.

Stanley went to the Taoist Sage who lived in a neighboring village. "I am cursed by birds," he wailed above the cheeping and tweeting. "Please help me get rid of them."

The Sage looked calmly at the birds. "Everyone has birds," he said. "You can't get rid of them."

"Can't get rid of them!" cried Stanley. "Oh my God, I'll go crazy. I can't live with all this noise."

"Walk with me," said the Sage, and they walked for several hours up over a small mountain range and down the other side to the ocean. They made their way down a steep path cut into the cliff until they reached an expanse of sandy beach.

Together, they walked out to the ocean's edge and stood looking across the vast water to the horizon.

"Now what?" said Stanley, whose birds continued to circle close over his head.

"Now nothing," said the Sage. "Just listen to the ocean."

Stanley tried. At first all he was aware of was the familiar chattering of high-pitched bird squawks, but for a moment he did notice the background rhythmic gentle washing of the endless waves against the shore. As he turned his attention to the sound of the waves, the birds around his head began to circle a few feet higher. When he turned his attention back, the circle of birds tightened back down.

He turned his attention back to the ocean and, once again, the birds expanded their range, circling even farther away this time.

Stanley turned to the Sage. "Interesting," he said.

The Sage nodded. "The ocean, like your breath, is always there for you. You can always return to it, where you will find an infinite amount of room for your life. Do you understand?"

"I don't know," said Stanley, "but I want to be here by the ocean more often, that's for sure."

The Sage smiled. "It is always here."

"By the way," said Stanley, "you said everyone has birds. Where are yours?"

"Oh," said the Sage with a dismissive wave of his hand, "they're still here but their circle is miles away. I hardly notice them anymore unless I really concentrate on them. And I can't imagine why I would want to do that, can you?"

Discussion: All of us have chattering internal voices that captivate our attention with thought after thought after thought. It often seems as though we have no alternative but to pay attention to this

Continued on Page 22

Mindfulness Corner (continued from Page 21):

to this constant cacophony and try, somehow, to make sense of it all. In trying to make sense of it all, we often end up believing these thoughts and taking guidance from the contradictory, illogical, and frightening noise of our thoughts. The birds - our thoughts - might be the voices of resentment, disappointment, anger, guilt, shame, judgment, and other emotions. While paying attention to these voices can help us notice those thoughts and where they come from, the voices often catch us in painful, tight little circles. But these voices - our thoughts - are not true in and of themselves. Behind them is always the vast ocean of our breath and the richness of our experience of reality. We have the power to turn our attention from these thoughts to other aspects of our lived experience, and we can grow that power through mindfulness practice. While the birds will always return, we can learn to forgive ourselves for their presence and redirect our attention.

Questions to ask yourself?

1. Where does my attention normally rest?
2. Am I the one choosing where to place my attention?
3. Where do I want my attention to rest?

Activity: Bringing attention to the breath:

1. Take a moment to let your attention gradually find its way to the breath that is entering and leaving your body.
2. A minute is enough. Just notice your breath for long enough to glimpse the spaciousness that is available to you.
3. As you do this, your thoughts will still be there. See if you can notice them too.

Bring your attention back to your breath one more time, until you feel ready to move on.


Meditation:

The birds are familiar and noisy, They clamor for attention, distract and divert me from my life,
They accuse me of transgressions, And point out the evil others do, I have created them and I accept
them, But I choose not to feed them, May their noise become faint in the distance and the soothing
surf of my breath be my company. *Taken from: The Tao of Forgiveness by William Martin*



BROOKLINE SENIOR CENTER ONLINE MINDFULNESS PRACTICE

The Brookline Senior Center is offering semi-weekly online mindfulness practice sessions. Join a video call from your computer or by phone every Monday and Wednesday from 10:00 a.m. to 10:30 a.m. to practice mindfulness with members of your community. No previous experience is needed. Sessions will be facilitated by Michael Allen, LCSW, and Conor McDermott Welch. Mindfulness helps with relaxation and bolsters attention and insight, all of which are needed now more than ever! To join the video call, you can go to <https://us04web.zoom.us/j/137115626> when it is time for the meeting to begin. Please email or call Michael at mallen@brooklinema.gov and 617-730-2754 with any questions.





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karen@movemaven.com



BROOKLINE BEES



The Brookline Bees continue to meet online weekly while the Center is closed. While we want to keep everyone safe, we also want to stay connected! It is fun to chat together and share what we are working on at home. Feel free to join us. Write to brooklinebeehive@gmail.com for connection details.

If you aren't able to make our online meetings on Tuesdays, Brookline Interactive Group (BIG) has generously offered to share the recordings of our meetings on their YouTube channel:

Mending challenges 1: Delicates and lace
<https://www.youtube.com/watch?v=yULnde8mwA>

Mending challenges 2: Woven fabrics
<https://www.youtube.com/watch?v=AyIPmIMh1ws>

Mending challenges 3: Shortening Sleeves and Slacks
<https://www.youtube.com/watch?v=VmDkA9gQqcs>

No-sew mask event
<https://www.youtube.com/watch?v=OBa-SNaLf5U>

We hope you'll join us in whatever way is easiest for you!

Brookline
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BA & C

Join us,
 new classes
 starting soon!

www.brooklineadulted.org
 617-730-2700

FACE MASKS



MANDATORY USE OF FACE COVERINGS IN PUBLIC

The Brookline Commissioner of Public Health strongly encourages residents to stay home to avoid potential spread of COVID-19. This is part of the Town of Brookline's overall strategy to keep residents and essential workers safe & healthy.

Effective April 17, 2020, everyone aged 2 and over is required to wear a face covering in public. Children under age 2 and those who are unable to easily remove a mask due to disability/illness should not wear one.

The Brookline Police and Fire Departments ask residents not to call 911 about face covering related matters. Anyone with concerns should call the Brookline Department of Public Health at 617-730-2300.

For more information on this mandate, how to make/obtain masks, and other COVID related issues, please visit:
www.BrooklineCOVID19.com Thank you for helping to keep Brookline safe and healthy during this Public Health Emergency.

GOT MASKS, BROOKLINE?

Need masks? Making masks? We got you covered in Brookline.

Got Masks, Brookline? is a local organization helping to connect those in need of face coverings with those who have the capability to make them.

To request a mask, or if you're able to contribute masks to those in need, visit:
gotmasksbrookline.org.



HOW TO WEAR CLOTH FACE COVERINGS

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

HOW TO MAKE YOUR OWN "NO SEW" FACE COVERING

Take a piece of cotton fabric (approximately 21" square)



Lay the fabric flat, grab the two bottom corners and fold up to the top. You now have two layers of fabric.



Repeat the second step. You now have four layers of fabric.



You will now need two elastics.



Pull right and left edges of folded fabric through the elastics.



Position the elastics about a quarter of the way in from both edges.

Fold the left side towards the middle, folding the fabric at the elastics and then fold the right side towards the middle, folding the fabric at the elastics.



You now have your mask! Pick up your mask by the elastics, position the fabric over your nose and mouth, with the folded edges towards your face and pull the elastics over your ears.

This is a basic design and you can certainly experiment to make one that works best for you.

Design is based on Surgeon General's model.
Instructions adapted by Sandy Spector & Norma Elkind

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PUBLIC ISSUES BOOK DISCUSSION GROUP UPDATE

A note from our facilitator Tom Faulhaber:
"As we all know, the Brookline Senior Center is currently closed and the Public Library of Brookline is closed until at least June 29, 2020. While we are facilitating other group meetings with Zoom online video conferencing, this cannot work for us because our books are not available due to the closure of the Library.

Our meetings will resume about 6-7 weeks after the Library reopens as it will take a few weeks for them to obtain sufficient copies of our book for us. We will simply move our previous schedule ahead; therefore, our first book will be *The Fifth Risk* by Michael Lewis (W.W. Norton & Company, Inc.)."

In the meantime, feel free to join Tom for his weekly online Living Our Values discussion group (see page 5 for more information).



VIRTUAL TOURS & PERFORMANCES

With the continuing need to maintain physical distancing, there are more virtual tours, concerts, and performances of all kinds being offered online.

Here are a few suggestions for this month:

LIVE WITH CARNEGIE HALL:

<https://www.carnegiehall.org/Explore/Watch-and-Listen/Live-with-Carnegie-Hall>

LIVE STREAMING OPERA COMPANIES:

<https://operawire.com/a-comprehensive-list-of-all-opera-companies-offering-free-streaming-services-right-now/>

NATIONAL TRUST FOR HISTORIC
PRESERVATION VIRTUAL TOURS:

<https://savingplaces.org/coronavirus>

HISTORIC NEW ENGLAND FREE LOCAL
HISTORY DOCUMENTARIES:

<https://www.historicnewengland.org/explore/everyones-history/>



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PRINT

- An advertisement spot in your choice of *The Boston Globe* or *Boston Magazine*.
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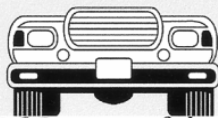
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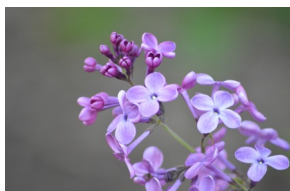
May is a wonderful month to honor our mothers, grandmothers, and the other women (and men) who made a difference in our lives.

Please consider making a donation to the Senior Center in honor or in memory of a loved one.

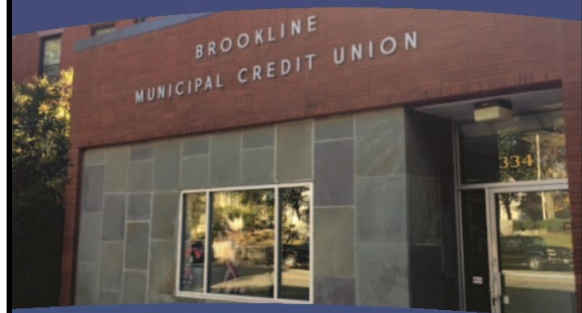
Your generosity during this difficult time will help us to be able to continue to provide essential services to Brookline seniors in need.

If you would like to create a tribute gift, please contact Ruthann Dobek at rdobek@brooklinema.gov or 617-730-2756.

We hope that you all stay safe and healthy in the days ahead.



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The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

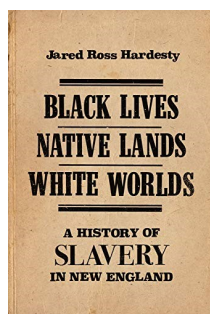
A BRIEF HISTORY OF SLAVERY IN NEW ENGLAND

Speaker: Jared Ross Hardesty, PhD

Wednesday, May 13, 2020

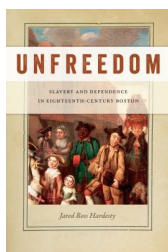
7:00-8:15 pm

[Eventbrite - Register For The Virtual Event Here](#) ("Pay what you will" donation)



In this concise yet comprehensive virtual talk, historian Jared Ross Hardesty will discuss his newest book **Black Lives, Native Lands, White Worlds: A History of Slavery in New England** by focusing on the individual stories of enslaved people in New England, bringing their experiences to life. He also will explore the importance of slavery to the colonization of the region and to agriculture and industry, New England's deep connections to Caribbean plantation societies, and the significance of emancipation movements in the era of the American Revolution.

Afterward, stay online to be the first to hear new updates on Hardesty's ongoing research into the seventeenth-century slave trading and smuggling ring centered at Old North. This research, originally unveiled in October 2019, touches on Captain Newark Jackson, the cacao trade, and other Boston business people and early parishioners at Old North will result in another book, slated to be published in 2022. He'll also answer your questions about **Black Lives, Native Lands, White Worlds**, or his first book, **Unfreedom**. Don't miss this candid experience with a rising leader in the history field!



TRUSTED TRANSPORTATION PARTNER



TTP: Trusted Transportation Partner (formerly known as ICARE): The Council on Aging's HELP program, through a "Trusted Transportation Partner" grant from ITNAmerica with support from Regeneron Pharmaceuticals, provides free transportation for Brookline residents to scheduled eye care appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least one BUSINESS WEEK before your scheduled appointment.

PLEASE NOTE: The program is still operational for current clients through use of the LYFT concierge program ONLY. We will not be taking new clients until the Senior Center reopens. Please also note that clients are encouraged to postpone these appointments if possible during this time so as to stay as healthy as possible. Please continue to call the HELP line to leave your information for the waiting list.

TRUSTED TRANSPORTATION PROGRAM GOOD NEWS!

The Brookline Council on Aging is pleased to announce that we have received another year of funding from ITNAmerica for our Trusted Transportation Program. Please see the article above for more information on accessing the program.

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Please contact the study team for more information at

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IN MEMORIAM

Our hearts go out to the friends and loved ones of our Senior Center “family” members who have passed since the closure of the Center in March. Their presence will be missed in the days ahead, but their spirits will always be remembered. We extend our sincere condolences to those who have lost a loved one during this difficult time. We mourn their loss.

Phyllis Campana	Sally Bland “Bannie” Johnson (Serena Johnson’s mother)
James Colleran	Jill Judson
William “Bill” Cortelyou	Mary Lawlor Levine
Rose DeSimone	Joseph Magnus
Elinor “Fuzzy” Downs	Eleanor McLees
Barbara Goldstein	Fook Y. Ng (Jimmy Tong’s mother)
Marjorie “Marge” Harvey	Harris Risman
Irving Hurwitz	

We would like to honor the memory of other Senior Center community members who have passed, so please let us know if you would like to include the name of a loved one in future listings by leaving us a message at 617-730-2777 or email rdobek@brooklinema.gov.



Annual Appeal Donors:

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from Margaret Guyer and Constantine Bialik
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